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ABSTRACT

A project was conducted to develop a course in cooking skills for high school students interested in preparing for jobs or seeking advanced vocational training in the food service occupations. During the first phase of the project, the course instructor, who is also the head cook at the high school, completed courses in cardiopulmonary resuscitation (CPR), safety and industrial hygiene, and the use of microcomputers. The cooking class was held in the kitchen area of the high school's cafeteria, and Federal monies were used to obtain instructional materials, supplies, and miscellaneous cooking utensils for the course. Fifteen students from three district high schools received instruction in cooking skills for a two-hour period five days each week. In reviewing the project, its developers recommended that the hands-on use of computers be omitted from the program unless a teacher's aide can be hired to help the instructor with the individualized activities at the various course work stations. At this point, the course appears to be providing a valuable learning tool for those students enrolled in it. A follow-up study is slated for the fall of 1985 to provide further data on the effectiveness of the course. (A student follow-up questionnaire is appended.) (MN)

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VOCATIONAL COOKING CLASS

FINAL REPORT
Project No. 84-ATK(188)NB

Curriculum Development Project
Conducted Under Public Law 94-482

Kathy M. Morton
Willapa Valley School District
P.O. Box 128
Menlo, Washington 98561

November 16, 1984

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Research Coordinating Unit
WASHINGTON STATE COMMISSION FOR VOCATIONAL EDUCATION
OLYMPIA, WASHINGTON 98504

Final Report

Project No. 84-ATK(L88)NB

Vocational Cooking Class

Curriculum Development Project
Conducted Under
Public Law 94-482

The project reported herein was performed persuant to a grant from the Research Coordinating Unit of the Washington State Commission for Vocational Education. Contractors undertaking such projects under the Commission for Vocational Education sponsorship are encouraged to express freely their professional judgment in the conduct of this report. Points of view or opinions stated do not, therefore, necessarily represent official Commission for Vocational Education position or policy.

Kathy M. Morton
Willapa Valley School District
P.O. Box 128 - Menlo, Washington 98561

November 16, 1984

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Summary of the Report

The overall objective of our Vocational Cooking Class has been to widen our vocational curriculum for students interested in preparing for jobs in the food service occupations or interested in seeking advanced vocational training in the food service occupations.

The instructor for this new course is our head cook at the high school. Shirley Haskell was already certified as a K-12 teacher with a background in special education prior to coming to our district as head cook. Additionally, she held a minor in Home Economics and had an extensive, diverse background in the food services industry via chef and supervisory work at several restaurants.

Mrs. Haskell completed an 18-hour CPR course plus a general and a specific safety/industrial hygiene course for vocational certification. Since part of the curriculum was to include work with computers, she also completed a five-credit course, "Introduction to Micro-Computers" and a two-day computer workshop at Renton Vocational-Technical School for Home and Family Life personnel.

The kitchen area of the high school cafeteria is the site for the Vocational Cooking Class. For that reason, the costs of starting the course were relatively minimal. Federal money from the grant was allocated for textbooks/workbooks, supplies and miscellaneous cooking utensils in addition to travel expenses for instructor certification. Federal money was also allocated for reimbursement of a small portion of the personnel costs. The district's responsibility was to purchase a computer and pay for the courses for vocational certification of Mrs. Haskell. The district was also to absorb the costs incurred in testing, analysis and follow-up.

The textbooks/workbooks were chosen for the class with the assistance of Superintendent of Public Instruction Home and Family Life Program Specialist, Margie Lowrance. Before ordering, the books received approval by the local school board and the district curriculum committee. The books were ordered on 4-24-84. The books chosen were:

Professional Cooking and Baking (Ray and Dondi) - Bennett Publishing, 1981

Quantity Food Techniques (Pepper, Pratt, Winnick) - Bennett Publishing, 1984

Safety and Sanitation (Pepper, Pratt, Winnick) - Bennett Publishing, 1984

In order to receive vocational funding, the Vocational Cooking Class had to have a vocational advisory committee in place. It was formed and first met on May 7, 1984. At that time, the committee gave its endorsement of the new program and instructor. The program proposal

was submitted to the Superintendent of Public Instruction on May 8, 1984 and was approved for vocational funding on May 21 1984. (A copy of this program proposal is included in the appendices.)

Pre-enrollment of students began in the spring of 1984. Since our district is part of a three-school state-funded cooperative, the class was opened for enrollment to our two other local high schools. When final enrollments were completed in the fall, the class showed an enrollment of 15 students in a two-hour block situation daily. Two of these students were identified as "special needs" students.

In reviewing the project, we would recommend that the hands-on use of the computer be omitted from the program. The curriculum is so full with students assigned to the various work stations and with reading and testing over the assigned textbook materials that there has been no time to squeeze in this element. If the instructor had an aide to help students through this facet of the program, computer training could feasibly take place.

We feel this course is providing a valuable learning tool for our students. It is accomplishing our overall objective of preparing students for jobs in the food service occupations. Completion of our follow-up survey in the fall of 1985 as set forth in the proposal will tell the true story of the program's success.

Body of the Report

Willapa Valley High School is located in a small coastal area which depends heavily upon the tourist/restaurant trades for economic support. There are fourteen restaurants in a six-mile radius. Additionally, there are eight schools, a hospital and a nursing home which could also provide employment in food services.

The Job Opportunitites Forecast for Washington State, 1974-85, places commercial cooking at the top of its fifteen highlighted programs in the Trade and Industrial fields. The average demand is 2,457 workers per year. Commercial cooking is also noted fifth in the top ten industrial programs ranked by occupational employment.

The student interest was high as demonstrated by a student survey taken on October 24, 1983. Male and female students who would be entering grades 10, 11 and 12 were polled regarding their interest in a Vocational Cooking Class. Special needs students were included in the survey. Of 66 students surveyed, 49 or approximately 75%, expressed a desire for such a course. Student need was further supported when looking at enrollment figures for an Advanced Foods course offered through the Home and Family Life Program in 1982-83. A total enrollment of 17 students, grade 12, showed 8 males and 9 females. There were simply not enough work stations to accomodate others who wished to enroll. Students in grades 10 and 11 had to be totally omitted from the class.

Finding other supportive literature was comparatively simple. The Washington Occupational Information Service, volume IV, 1982-83, stated that the demand for workers in the foods service occupations is growing faster than the supply of trained personnel. This data was also noted in the Occupational Outlook Handbook.

The Vocational Director contacted Margie Lowrance, Home and Family Life Program Specialist at SPI, regarding vocational cooking classes in the state of Washington. Following Ms. Lowrance's suggestion, the Vocational Director and High School Cook visited the vocational kitchen at Quilcene High School, talking to their vocational instructor, support staff, students and administration. We were impressed with that program and were convinced that a course of this nature would meet the needs of the students at Willapa Valley High School.

The overall objective for our Vocational Cooking Class took this form:

To develop a vocational cooking class, which was then non-existent for Willapa Valley High School students, which would be operational by 1984-85. The class would be housed in the high school kitchen and would provide students with competitive, motivational, hands-on experience to prepare them for entry-level jobs in the food services areas.

The sub-objectives of the project became:

I. To provide instruction in nutrition, meal preparation and menu planning to students enrolled in the Willapa Valley High School Vocational Cooking Class through a program structured and centered around large-scale food preparation. (There was currently a lack of available training in these areas.)

II. To provide hands-on institutional cooking experience to students enrolled in the Willapa Valley High School Vocational Cooking Class by rotating students four weeks in each work station to include:

a) Salad Bar
b) Hot Foods
c) Baking
d) Serving
e) Clean Up.

Additionally, we would be providing students with hands-on experience in the use of the computer.

III. To provide instruction and daily experience in job responsibility, social and work skills for the students enrolled in the Willapa Valley Vocational Cooking Class. The class would be held in the high school kitchen and be operational by the fall of 1984-85.

Methodology and Schedule

The Willapa Valley High School kitchen is used as the classroom and work stations. A maximum of eight students is accepted per each two-hour block class period. The steps to be taken to achieve our course objectives included:

1) Orientation period by instructor, first day of class, one hour duration to explain to the students:
   a) program objectives
   b) testing and grading system
   c) student responsibilities (as compared to the work world)
   d) assign work stations
   e) discuss health and safety practices.

2) Students will receive daily instruction at the beginning of each class period for the duration of the course in nutrition, meal preparation and menu planning plus safety practices.

3) Students will serve in each work area on a rotational basis for four weeks. They will also receive instruction and hands-on experience in the use of the computer which may be used for inventorying, menu planning, student meal preparation, nutritional studies and cost accounting.

Evaluation Techniques

Evaluation techniques implemented to measure the success of the student as well as that of the total program include:

1) Written testing of students for retention of skills (special need students may need to be tested orally).

2) Include graduates of the program in the vocational follow-up survey, seeing how many have found jobs or are furthering their education in food service related fields.

3) Visit employers of program completors, gathering their input regarding the student product from our program.

4) Use of the advisory committee, on-going, to evaluate the success of the program in terms of curriculum, instructor, facilities, equipment and suggestions for improvement.

Since the program has not been in place for one full year, we have not yet conducted a vocational follow-up study nor have we been able to visit employers of program completors.

Our advisory committee has had two meetings - one on May 7, 1984 and again on October 8, 1984. In forming the advisory committee we made very effort to include a large percentage of members who could offer our program completors employment opportunities.

Advisory committee members include:

Mrs. Joyce Craig (student parent; home economist)
Mrs. Janice Warren (assistant cook, Lebam Elementary School)
Ms. Ronnie Trotter (Cook, Manager, Burger Barge)
Mrs. Dorothy Wonhoff (Owner, H & H Cafe)
Mr. David Slater (Owner, Pizz Loft Restaurant)
Ms. Margie Ryan (Owner, Mini-Cafe)
Mrs. Gail Getchell (Cook, Mini-Cafe)

We hope to broaden the scope of this program by offering a small-scale catering service. This will fulfill the requirement for student leadership which is to be an integral part of any vocational program. Students are already committed to the preparation and serving of a dinner for our General Advisory Council on November 26, 1984.

BIBLIOGRAPHY

Job Opportunitites Forecast for Washington State, 1974-85, (Washington State Commission for Vocational Education, Summary of Findings: January 1978, Third Edition

Occupational Outlook Quarterly, U. S. Department of Labor - Buryea of Labor Statistics: Spring, 1984

Professional Cooking and Baking, Ray and Dondi: Bennett Publishing, 1981

Quantity Food Techniques, Pepper, Pratt, Winnick: Bennett Publishing, 1984

Safety and Sanitation, Pepper, Pratt, Winnich: Bennett Publishing, 1984

Washington Occupational Information Service, Volume IV, Prepared for Washington State by the Washington Occupational/Career Information System: 1982-83

REFERENCES AND RESOURCES

This reference section lists books, magazines, films, filmstrips, and commercial aids which could be useful in any Vocational Cooking Class.

BOOKS

Amendola, Joseph and Lundberg, Donald E. Understanding Baking. Boston: CBI, 1970.

Blair, Eulalia C. Casseroles and Vegetables for Food-Service Menu Planning. Boston: CBI, 1976.

Blair, Eulalia C. Salads and Salad Dressings. Boston: CBI, 1976

Haines, Robert G. Food Preparation for Hotels, Restaurants and Cafeterias. Chicago: American Technical Society, 1973.

Hardwick, Geraldine B. and Kennedy, Robert L. Fundamentals of Quantity Food Preparation: Desserts and Beverages. Boston: CBI, 1975.

Johnston, Harriet. Quality Quantity Cuisine. Boston: CBI, 1976.

Kotchevar, Lendel H. Standards, Principles and Techniques in Quantity Food Production. Boston: CBI, 1973.

Ray, Mary Frey, and Lewis, Evelyn Jones. Exploring Professional Cooking. Peoria, Illinois, Bennett Publishing Company, 1979.

Terrell, Margaret E. Large Quantity Recipes. Philadephia: Lippincott, 1975.

TRADE MAGAZINES

Baker's Digest, 4049 West Pererson Avenue, Chicago, Illinois, 60646.

Institutions/Volume Feeding, 5 South Wabash Avenue, Chicago, Illinois 60603.

FILMS AND FILMSTRIPS

Food Preparation and Kitchen Operation. A very complete set of twenty-four filmstrips illustrating every food preparation process and principles of kitchen sanitation and safety. National Educational Media, Inc., 15760 Ventura Boulevard, Encino, CA 91436.

COMMERCIAL AIDS

Green Giant Company, Minneapolis, Minnesota, 55400.
Wall charts on Versatile Vegetables, featuring color families of vegetables, sources of vegetables, and cooking principles of vegetables.

Hobart Manufacturing Company, Troy, Ohio 45374.
Instuctions and recipes for using the Hobart Mixer.

Kraft's Institutional Kitchen, Kraft Foods, Chicago, Illinois, 60090. Recipes featuring cheese.

National Restaurant Association, 1530 North Shore Drive, Chicago, Illinois, 60610. Filmstrips and visual aids for food service.

New Program Proposal

VOCATIONAL COOKING CLASS

Willapa Valley School District No. 118

Submitted May 8, 1984

VOCATIONAL COOKING CLASS

OCCUPATIONAL IDENTIFICATION

The Willapa Valley Vocational Cooking Class has been developed to train students for entry-level jobs in the food service occupations or to prepare them for further vocational training in this field after high school graduation.

The Dictionary of Occupational Titles lists the following titles applicable to this program:

315 Miscellaneous Cooks, Except Domestic
317 Miscellaneous Food and Beverage Preparation Occupations
318 Kitchen Worker
319 Food and Beverage Preparation and Service Occupations

NEED

The Job Opportunitites Forecast for Washington State 1974-85 places commercial cooking at the top of its 15 highlighted programs in the Trade and Industrial fields. The average demand is 2,457 workers per year. Commercial cooking is also rated 5th in the top 10 industrial programs ranked by occupational employment.

Willapa Valley is located in a small coastal area where it depends heavily upon the tourist/restaurant trades for economic support. There are over 14 restaurants in a six-mile radius. There are 8 schools, a hospital and nursing home which could provide jobs in food services. Additionally, the Washington State Department of Corrections is looking at our area for locating a 500-bed site which would employ persons in food services. Targeted completion for the facility is 1987 or early 1988.

The Washington Occupational Information Service volume 4, 1983-84 states that the demand for workers in the food service occupations is growing faster than the supply of trained personnel. The April 1984 issue of Chronicle Guidance states the need for skilled chefs and cooks is "constant" and that there will be from 50,000 to 80,000 openings a year for cooks and chefs every year through 1990.

STUDENT CHARACTERISTICS

Male and female students, grades 11 and 12 will be allowed to enroll in the class. Priority will be given to seniors first, then juniors. A percentage of the class will include special needs students. Students will be enrolled in the class based on aptitude, interest and their ability to benefit from such a course.

COURSE OBJECTIVES

As a result of the completion of the Vocational Cooking Class:

1) Students will be able to work with proficiency in the five main work areas to include: Salad Bar
   Hot Foods
   Baking
   Serving
   Cleaning.

2) Students will receive instruction in meal preparation, menu planning and nutrition.

3) Students will be able to identify and demonstrate correct safety and sanitation techniques in the kitchen.

4) Students will receive hands-on experience in the use of computer and understand the many ways that it can be used in the kitchen (i.e., inventorying, menu planning, nutrition studies, cost accounting, etc.)

5) Students will receive instruction in and be able to demonstrate job responsibility, social and work skills.

SEQUENCE OF INSTRUCTION

The Vocational Cooking Class will be held in a two-hour block daily for the duration of one year. (360 hours total)

TYPE OF INSTRUCTION

Keeping in mind variance in student learning styles, a variety of teaching techniques will be used. Three textbooks have been approved which include:
Professional Cooking and Baking (Ray and Dondi)
Quantity Food Techniques (Pepper, Pratt, Winnick)
Safety and Sanitation (Pepper, Pratt, Winnick)

Students will be tested on the material in these textbooks. Since the class is being offered in a two-hour block, the first part of the class period will be for instruction followed by the hands-on experience of working in the kitchen.

We will have various food service workers come to the classroom as resource speakers and also plan for student field trips. Hopefully, we can also offer students the opportunity to job shadow for a day with a food service worker in our area.

FACILITIES AND EQUIPMENT

There will be no structural changes to the present cooking area. Special project money received this spring allowed us to purchase the textbooks and some small cooking utensils. We would like to purchase some larger items when the budget allows to include: a tilted brazing pan, a commercial-size deep fryer and salad bar equipment. We will also be purchasing the computer for student use.

STUDENT LEADERSHIP

Student Leadership will be provided for 100% of the students enrolled in the class. We plan to formally affiliate with VICA. The Vocational Director has the packet of materials necessary to get the chapter underway.

ADVISORY COMMITTEE

The newly-formed advisory committee for this program met on 5-7-84 to review this proposal and textbooks. Endorsement of the program and instructor are included in the attached minutes.

Members of the advisory committee include:

Mrs. Joyce Craig
Mrs. Janice Warren (Assistant Cook, Lebam Elementary School)
Ms. Ronnie Trotter (Cook, Manager, Burger Barge)
Mrs. Dorothy Wonhoff (Owner, H and H Restaurant)
Mr. David Slater (Owner, Pizza Loft)
Ms. Margie Ryan (Owner, Mini-Cafe)
Mrs. Gail Getchell (Cook, Mini-Cafe)

INSTRUCTOR

The instuctor for the course will be Willapa Valley High School head cook, Mrs. Shirley Haskell. Mrs. Haskell is also a certified K-12 teacher and has been evaluated by SPI in terms of vocational certification. She is now completing the necessary requirements to teach the course.

FOLLOW-UP

Completors of the vocational cooking class will be included in our regular follow-up procedure. A copy of the follow-up survey which we use is attached. We will also attempt to contact employers of our graduates to get their input regarding a quality employee. The advisory committee will provide an active on-going evaluation of this program.

BEST COPY AVAILABLE

Raymond *South Bend* *Willapa Valley*

Telephone 942-2006
or 942-5833

Scan 754-1932

Menlo, Washington 98561

PLEASE INDICATE ANY CHANGES IN YOUR NAME OR PERMANENT ADDRESS.

_____

_____

_____ PHONE _____

Dear Former Student:

May we ask your cooperation in completing this Questionnaire. We are required by the State Department of Vocational Education to do a follow-up on all former tri-district vocational students.

Additionally, on the back of this sheet, we ask for your comments and recommendations concerning the training you received in your high school vocational classes. We count on you, as the people most personally involved, to play a key part in the continuing process of updating and improving our vocational programs.

Confidentiality: The completed questionnaires will be only for School District use and will be tallied and compiled without names for the State Report. No other use of the information will be made without your consent.

Thank you for your help in this important project. We wish you the best of good fortune in all of your endeavors.

Sincerely,

KATHY M. MORTON
Tri-District/Vocational Director

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Thank you for your help in this important project. We wish you the best of good fortune in all of your endeavors.

Sincerely,

KATHY M. MORTON
Tri-District/Vocational Director

QUESTIONNAIRE

PLEASE CHECK THE BOXES OF THE ITEMS WHICH APPLY TO YOU.

I. ( ) I am on Active Duty with the Military. Branch of Service _____
Military Occupation or Training Program _____

II. ( ) I am attending School Full Time.

III. ( ) I am attending School Part Time.
What type of school are you attending?
( ) Vocational-Technical. Type of Training _____
( ) Community College. Major or Type of Training _____
( ) 4-Yr. College or University. Major _____
( ) A school which is not Vocational-Technical, Community College, or 4-year College or University. Type of School _____
Type of Program _____

IV. ( ) I am working full-time. My occupation is _____
Name of Employer _____ Hourly Salary _____

V. ( ) I am working part-time. My occupation is _____
Name of Employer _____ Hourly Salary _____

VI. ( ) I am unemployed and looking for work (not attending school full time.)

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IX. How would you rate your high school training in the Vocational Kitchen program?
Please check one _____VERY GOOD _____GOOD _____ADEQUATE _____POOR

X. In high school, were you taught job-finding skills? (Where to apply, how to fill out applications, interview techniques, how to write resumes, etc.)
_____YES _____NO

XI. Who influenced you most in the selection of your High School Vocational Classes?

_____Shop Teacher
_____Vocational Teacher
_____Other Teacher
_____Counselor
_____Friend
_____Parent
_____No one influenced me
_____Other

XII. Who helped you the most in getting your first full-time job? Check one.

_____High School Vocational Teacher
_____High School Counselor
_____Other Teacher, High School
_____Friend
_____Relative
_____Other
_____Washington State Employment Service
_____Private Employment Service
_____Newspaper Ad
_____Applying Directly to Employer
_____Never Had a Full Time Job

XIII. In general terms, what skills do you wish that had been taught in high school that were not to help you in the work world? _____

_____

What skills were taught that you are finding helpful? _____

_____

General comments: We would like to tell your former teachers what you are doing now. (We will give them only the information on the front of this sheet--comments will be compiled without names. Check ( ) here if you don't want this information shared with your teachers.

Please mail back this questionnaire as soon as possible in the enclosed postage-paid envelope.

If you have any questions or concerns, please feel free to call the Tri-District Office, 942-2550 or 942-2006.

Thank you for your assistance in helping us to improve our Tri-District/Vocational programs.

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